

Cell Salt Gatorade

Dr. Schuessler (1821-1898), discovered that the body consists of 12 mineral salts, called Cell Salts or Tissue Salts. **These salts regulate the nutrient supply in cells and stimulate the body's self-healing mechanism.** This easy to make electrolyte drink is a great way to start using them.

Ingredients:

16 pills bioplasma

16 pills Nat Sulph (preferably 6X)

1/4-1/2 cup fresh lemon or lime juice

¼ cup acidophilus bifidus yogurt or kefir

Maple syrup or raw honey, to taste

1 teaspoon Celtic salt

Combine all ingredients in a gallon container (preferably glass) and fill to the top with ice water. Shake well or stir before each drink.

Its makes a mildly sour, refreshing drink with a hint of sweetness.